

12 Promises of ISA

We know from our own commitment to recovery and our experience from using the ISA tools, that our lives will be transformed. We will begin to experience these promises and see these miracles come true in our lives.

Having had a spiritual awakening as a result of working the 12 Steps of ISA,

1. We will know a new freedom and we will experience joyful living.
2. We will not regret the past, nor wish to shut the door on it.
3. We will know peace, serenity and a genuine connection to ourselves and others.
4. We will see how our experience can make a difference in the lives of others.
5. Our lives will be purposeful, and we will grow in self-esteem and self-appreciation.
6. We will gain a healthy interest in our own lives and give to others from a place of fullness within.
7. Our whole attitude and outlook on life will change.
8. Fear of people and of economic insecurity will leave us.
9. We will grow to trust ourselves and learn how to develop relationships with trustworthy people.
10. A healthy sense of fear will guide us in unsafe situations, we will learn to trust our intuition, and our self-confidence will grow.
11. We will intuitively know how to handle situations that used to baffle us.
12. We will suddenly realize that our Higher Power is doing for us what we could not do for ourselves.

God grant me

SERENITY

to accept the things I cannot change

COURAGE

to change the things I can and

WISDOM

to know the difference

A Trauma-Informed
12 Step Program
Support for Overcoming Infidelity



*Keep coming back, it works if
you work it and you're worth it!*

www.isurvivors.org



INFIDELITY
SURVIVORS
ANONYMOUS
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WHO WE ARE

Officially formed in 2011, ISA grew from a small group of individuals who wished to overcome the traumatic effects of infidelity and sexual betrayal. ISA is a unique 12-Step program modeled after Alcoholics Anonymous with one clear distinction – our approach to healing is not based on a “disease” or “addiction” model. As such, ISA Members are not defined by others. ISA Members are self-defined – the only requirement to be an ISA is the desire to overcome the traumatic effects caused by infidelity, sexual betrayal or compulsive sexual behavior in one’s primary intimate relationship.

Our program is designed to honor the ISA Traditions, which guide our organization and our group meetings. We honor anonymity as the spiritual foundation of the ISA Traditions. We encourage members to explore their belief system and find a Higher Power, which will bring about personal change, foster hope and ultimately lead to finding wholeness.

WHAT WE DO

ISA helps infidelity and sexual betrayal survivors across the world. In ISA, we learn practical tools, work the ISA 12-Steps, and experience the ISA Promises. Our program is designed to provide a safe and welcoming environment for members to share their pain, seek support, find fellowship and ultimately heal.

We promote a considerate, empowered, and deliberate approach for members to heal from trauma. It is our intention and greatest hope that infidelity survivors will define themselves, determine their own

needs, support others through service and live a spiritual life of recovery based on the ISA 12-Steps.

HOW IT WORKS

1. ISA IS A 12-STEP PROGRAM

Addressing the debilitating effects of trauma is a top priority for new members. We have found that members heal and grow in recovery when they establish a strong self-care routine before beginning structured 12-Step work. Tools that empower and facilitate healing are offered to those who are suffering from trauma.

While adapted from other 12-Step programs, the ISA 12-Steps are designed to help members embark on a spiritual journey of healing and wholeness. This enables ISA Members to find a way out of the trauma they have experienced and begin a spiritual process of finding out who they are and how they want to live. Many of our members find new ways to live purposeful and joyful lives from working the ISA 12-Steps.

2. ISA CONSIDERS TRAUMA RECOVERY A SHARED JOURNEY

As members of ISA, we are bound by the common thread of trauma and our journey in search for wholeness. While our stories, suffering and spirituality may look very different, we are united through our experience of trauma, as well as our desire to recover from trauma.

3. ISA MEMBERS ARE SELF-DEFINED

Based on our collective experience, we feel it is important for members to be self-defined. We choose not to label others because we trust that our members have the tools they need to define themselves.

Similarly, we do not have an opinion on what constitutes infidelity because members have different experiences and therefore hold different definitions. We consider all definitions valid.

4. ISA MEMBERS ARE EMPOWERED & RESOURCEFUL

We see our members as empowered and resourceful individuals who are capable of finding their own solutions and making decisions concerning their needs, families and futures. ISA supports members in remaining autonomous and empowered.

5. ISA IS INCLUSIVE

We welcome anyone from any faith or non-faith background. We welcome people in all stages of recovery and in any relationship status.

We do not discriminate against anyone.

6. ISA IS SELF SUSTAINING THROUGH SERVICE

ISA is self-governing and self-sustaining through member service. Guided by our Higher Power, ISA Members often experience spiritual awakenings, which move them to support others in their healing journeys. Through ISA Members Traditions and Promises as well as Fellowship, we carry the message of healing and hope to those who still suffer.